



Mahany/Meininger Senior Community Center: 248-246-3900
3500 Marais, Royal Oak, MI 48073
Website: www.romi.gov

OCTOBER 2016 • Monthly Newsletter of the Royal Oak Seniors

MISSION STATEMENT:

The City of Royal Oak offers mature adults opportunities for lifelong education, fitness, nutrition and leisure activities.

Supportive services that promote independence and quality of life are available for residents who are 62 and older or permanently disabled adults.

"The City of Royal Oak's Recreation Department does not discriminate against any program participant or applicant for participation because of actual or perceived race, color, religion, national origin, sex, age, height, weight, condition of pregnancy, marital status, physical or mental limitation, legal source of income, family responsibilities, sexual orientation, gender identity or HIV status of person, that person's relatives, or that person's associates or for any other reason(s) prohibited by law. The City of Royal Oak will take affirmative action to insure that all practices are free from such discrimination."

Inside...

Staff Notes.....	p 3
Travel	p 4
Travel (cont'd) & Games.....	p 5
Play-Visit-Learn	p 6
Services, Interests.....	p 7
Health & Fitness	p 8
Support.....	p 9
Community Links	p 10
Menu	p 11
Ongoing Activities.....	p 12
Calendar	p 13
Salter Center	p 14
Salter Calendar.....	p 15

Welcome Newcomers!

Monday, Oct 3 10:30 AM
Newcomer's orientation is open to anyone fifty or better. Discover the programs and services available at the Center. You'll learn how to register for classes, trips and programs. Meet the staff and receive a complimentary lunch. Call **(248) 246-3900** to reserve your spot.

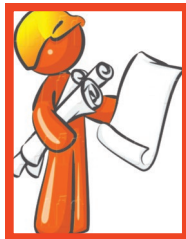
The City of Royal Oak has contracted with **Coffee Break Service, Inc.**, a Michigan based company, to provide coffee and tea at no charge for our patrons. Cups need to be obtained from the front desk, but the fee has been waived. Bottoms up!



"Boom Not Bust - Career Reinvention After 50"

Wednesday, October 12th at 6:00 PM

This interactive session is designed to help those that are not yet ready to throw in the towel on their career. Time will also be spent exploring how your purpose, passion and proficiencies help you to achieve career success. Pre-Register. **Cost \$10 C1000F**



CONSTRUCTION NOTICE!

Pardon our dust, but we are happy to see the partition wall between Rooms 6, and 4 & 5 being replaced with a permanent wall! This will force the cancellation of classes and drop-ins as well as card groups for the week of October 17 - 21st. Lunches will be served in Room 3.

Live Music - Good Food - Dancing!

If these are a few of your favorite things, you won't want to miss the Meininger/Mahany Dinner Dances. Two more before year end!



Halloween Dinner Dance

featuring **The Dennis James Band**

Friday, October 28th 6 - 9 PM \$13/PER PERSON

News Years Eve Celebration

with **The Mike Wolverton Trio**

Wednesday, December 28th 7 - 10 PM \$16/PER PERSON



**Mahany/Meininger
Senior Community Center**
Phone: (248) 246-3900
3500 Marais Ave,
Royal Oak, MI 48073
(1 block North of 13 Mile Rd.
between Main & Crooks)

Salter Community Center
Phone: (248) 246-3180
1545 E. Lincoln Rd,
Royal Oak, MI 48067
(10½ Mile Rd, one block
west of Campbell Rd.)

Monday - Friday
9:00 am - 4:30 pm

**Senior Citizen
Coordinator** Paige Gembariski
**Outreach
Administrator** Carolyn Marsh
**Senior Recreation
Specialist** Barbara Harris
R.O.S.E.S. Pam Steinmetz
Dorothy LaSure
Typist/Clerk Susan Mutschler



Van Transportation
For scheduling:
Phone: (248) 246-3914
Monday - Friday
9:30 AM - 12:30 PM
Dispatchers:
Cathy Cricelli & Denise Owens



Tim's Kitchen

Enjoy meals, \$3 each, prepared from scratch in the Mahany/Meininger kitchen Monday-Friday. See pg. 11 for the entrees.

Call (248) 246-3900 to reserve a meal (*at least a day in advance*). Call to cancel if unable to attend. Meal vouchers available for purchase (for 5 or 10 meals). Bus fee is waived if you ride the bus to the Center for lunch. Menu subject to change based on availability of food supplies.

Everyone is Welcome!

No age requirement!

Carry-outs available \$3.50
Meals for Homebound Residents

NOTABLE FOLKS . . .

Tim's Kitchen benefits greatly from donations. Without the generosity of several patrons, Chef Tim would face a much harder time preparing and delivering such wonderful meals (*and cookies!*)

Thank you to each of the following patrons for contributing;

Karen Bishop,
Joan Catalan
Bob Hilton
Marti Lewis
Marilyn Murphy
Celia Sawdon
Don & Judy Steuf,
Norma Thomas, &
Ray Wangler,

Thank you very much!

City of Royal Oak Customer Service Values:

We are a team that values integrity, approaching all situations with a positive attitude, and creating an environment of respect, fairness, and empathy.

Codes of Conduct:

Live the Golden Rule
Embody Honesty
Act with Patience
Take Responsibility
Listen Attentively
Communicate Effectively
Lead by Example
Be Proactive
Live Royal Oak



Veteran's Day Nov 11th

The center honors our veterans on this special day by providing a free lunch for all veterans. We need all participants to pre-register at the front desk here at the center, or call us at (248) 246-3900 by November 7th.



REMEMBER!
**Memory
Screening
Day!!**

Monday, November 14th,
10 AM - 2 PM *No fee*

Call 248-246-3900 to reserve a spot on the list of participants.

Gentle Reminder

We ask that you do not use perfume or cologne when coming to the Center. Some of our Seniors and staff have respiratory problems and allergies to certain smells. Your consideration is greatly appreciated.

Restaurant of the Month:

Thursday, October 27 12:15 - 2:00 PM \$4 (lunch on your own)
 Bahama Breeze offers your favorites: burgers, salads, seafood, chicken—all with an island flair. Caribbean inspired food and a playful atmosphere lets you feel a million miles from home. Cost includes transportation via Senior Bus. Lunch is on your own off the menu; Avg. \$15 **T1035 F**

EXTENDED TRAVEL

<u>Ark Encounter/Shoreline Tours</u>	October 22 - 23	\$339 per person/double T1004su
<u>Chicago: China's Terra Cotta Warriors/Bianco Tours</u>	October 28 - 30	\$599 per person/double
<u>Nashville, Tennessee/Shoreline Tours</u>	Oct 30 - Nov 2	\$999 per person/double
<u>Branson/Shoreline Tours</u>	Nov 16 - 21	\$1,199 per person/double
<u>Niagra Falls/Shoreline Tours</u>	Dec 5 - 6	\$229 per person/double

DAY TRIPS**2016/2017**

Classical Coffee Concerts
 (Mid Balcony) **\$31**

November 18 T1027F Tchaikovsky's
1st Piano Concerto
 Yu Long conducts, Kirill Gerstein on piano

POPS Coffee Concerts
 (Dress Circle) **\$65**

December 16 T1028F
Home for the Holidays A Detroit holiday musical tradition. A sparkling celebration with carols and classics.

D I A Series Thursdays - 12:15 - 3:45 PM \$5 each

The DIA's Senior Thursdays program continues! Enjoy one or all of them. Board the coach at the Senior Center for a great day at our world-class museum. You may skip the presentation and explore the museum on your own if you wish. Cost includes transportation via motor coach, lecture and reception.

October 13: Lecture: Ordinary People by Extraordinary Artists T1017F

November 17: Art Making: Printmaking - Notecards T1018F

December 1: Guided Gallery Tour T1019F

Sandhill Cranes/Bianco Tours Wednesday, Oct 19 8:15 AM - 6:00 PM

Behold the variety of SE Michigan fall colors as you watch for flocks of Sandhill Cranes. A step-on guide will provide narration and share the best viewing areas. Lunch and wine tasting is next at Sandhill Crane Vineyards. Finish with a tour of St Demetrius Orthodox Church, with baklava and coffee. Cost includes transportation via motor coach, lunch and snack, tour admissions. **T1011F \$84**

Ann Arbor Adventure/Bianco Tours Wednesday, Oct 26 8 AM - 5 PM

A tour of U of M's "Big House", lunch in the Michigan Central Depot at the Gandy Dancer, a 2-hour narrated tour of Ann Arbor, and a little shopping time at Zingerman's Deli and the Ker-rytown shops. Cost includes transportation via motor coach, tours & lunch. **T1022F \$83**

Trip Information:

- Don't wait to sign up for trips – they may be cancelled for lack of participation!
- Trip itineraries are subject to change without notice. Sometimes the venues surprise us!
- Please arrive 15 – 30 minutes ahead of posted departure time and park at the north end of the parking lot.
- If you cancel, refunds will be issued if we are able to fill your space. A \$5 processing fee will be deducted from all refunds. Full refunds are given if the trip is cancelled by us or the travel agent.

DAY TRIPS

(continued)

"Broadway Mix" by the 650 Players at OPC Tuesday, November 3 11 AM - 3:30 PM \$26

Come and join us as the "650 Players" capture the thrill and magic of Broadway in a mix of past memorable hit shows. Cost includes lunch at OPC, performance and transportation via Senior Bus. **T1032F**

Firekeeper's Casino/Bianco Tours Wednesday, November 9 9:45 AM - 8:00 PM \$41

Travel to Battle Creek and try your luck today! Cost includes transportation via motor coach, \$20 Slot Credit and \$5 for food, slot play or gift shop.

Zehnder's Christmas/Rybicki Tours Tuesday, November 29 TIME TBA \$104

Zehnder's of Frankenmuth's Holiday Lunch and Show! Famous chicken plate lunch, followed buy the sounds of "3 Guys/30 Instruments". Cost includes transportation via motor coach, lunch and show, a stop at Bronner's and free time on Main Street. **T1024F**

The Oakridge Boys Christmas Show @ Soaring Eagle/Bianco Tours Monday, December 5 \$47

9:00 AM - 10:00 PM Enjoy a show from the distinctive group that created hits like *Elvira*, *Bonnie Sue*, *Dream On*, *American Made*, *Gonna Take A Lot of River*, and many others. Cost includes transportation via motor coach, performance, **\$10 SLOT PLAY AND \$5 FOOD VOUCHER**. **T1010F**

"A Christmas Carol" at Meadowbrook Theatre Wednesday, December 7 1 - 5 PM \$47

A favorite holiday classic, for it's 35th year sharing the tale of a mean-spirited miser and the ghosts that haunt him. Cost includes transportation via Senior Bus and performance. **T1025F**

SET ASIDE THESE DATES FOR UPCOMING TRAVEL OPPORTUNITIES

Huckleberry Railroad at Crossroads Village	"Beautiful - The Carol King Musical"
Wednesday, December 10 2:45 - 9:00 PM	Wednesday, December 21 12:00 - 4:00 PM
\$74 Bianco Tours	\$ TBA -

JUST A REMINDER! If you are traveling with us:

Arrive 15 - 30 minutes before scheduled departure.

CHECK-IN with a staff person upon arrival

Park in the farthest north row of our lot (Look for Trip Parking signs)

All trip dates, descriptions and prices are subject to change

SOME FUN & GAMES AT THE CENTER !!

Thursdays at 12:30 pm \$1

Euchre Winners

August 4th	Don Bannasch
August 11th	Don Richards
August 18th	Renae Goode
August 25th	Don Stewart

The center has pool
tables here for
your use:
50¢/day or \$3/month

**Want to compete? Join us, 2nd Thursday!****August 11th Pool Tournament Winners**

First Place	Bob Irvine
Second Place	Fred Fields
Tie for Second	Tim Fields

Art of Basket Making

Friday, Oct 7 - Nov 11 9:30 AM
You'll complete two baskets in this two week course, and learn a timeless craft. Includes materials. Tool list provided at registration. **\$53 C1023F**

BINGO - First Fridays

October 7th 12:30 PM
BINGO Cards \$0.25/each (Maximum of three (3)). ONE Coverall prize at \$5.00. Six (6) regular games with prizes. All revenue from BINGO is used towards future BINGO Prizes. *BINGO is conducted solely for the amusement and recreation of the ROSC guests.*

Cards Drop-In

Rubber Bridge Mon 12:15 PM
Drop in for Rubber Bridge and bring a partner to play. **\$1.00**

Pinochle Tues 12:30 PM
Drop in for pinochle, meet new friends. **\$1.00**

Duplicate Bridge Weds 12:30
Drop in with a partner to play duplicate bridge. **\$2.00**

Euchre Thursday 12:30 PM
Drop in to join experienced players who like to play Euchre. Play 8 rounds of cards. **\$1.00**

Creative Coloring for Grown Ups

Oct 3rd & 17th 10:30 - 11:30 AM
Relieve your stress and join your neighbors and friends in the fun and relaxation of coloring. **\$2 drop-in fee, includes supplies.**

Crochet Creations

Thursdays 12:15 PM
Enjoy an afternoon of stitching your work in progress; pattern discussion or help reading a pattern, or learning a new stitch. Projects to give back to the community are part of our activity. No charge. Beginners are welcome!

Focus on the News

1st & 3rd Tuesdays 10:30 AM
Tired of talking back to your TV set? Join a fun and lively discussion of local, national and international new issues. Visitors encouraged. We're always looking for new people.

Genealogy 101

Thurs Nov 3 - Dec 15 1:00 PM
A six week adventure into discovering your ancestors and their lives. This class provides the fundamentals for beginners and amateurs who want basic instruction, tools and reference guides. Bring a \$5 syllabus fee and note taking materials to the first class. *No Class 11/24.* **\$88/6 weeks. C1002F**

Handbells

Fri 12:45 PM Sept 9 - Dec 16 C1040F
Director Sylvia Hartsoe says playing handbells keeps the mind sharp and leads to excellent eye-hand coordination. Prior ringing experience necessary, music reading skills helps. **\$25**

Helping Hands

Tues & Thurs 9:30 AM
Drop by and become a part of this worthwhile group that knit or crochets blankets and other items for charity. *Donations of yarn are needed. Drop off yarn on the days the group meets.*

Mah-Jongg Drop-In

Wednesdays 9:30 AM-12 PM
Fridays 1-3 PM
Experienced players may drop in and play on Wednesday and Friday mornings, no charge.

Painting - All Media C1021F

Thurs 9:15 AM Oct 20 - Dec 15
Mike Byrne, an accomplished working artist in many mediums accepts students from beginner to expert. Supply list given at registration. **\$55/8 weeks.**

Senior Sew

Tuesdays 10:00 AM
Join us for hand quilting, machine piecing quilt tops and socialization. New quilter and just getting started? We are happy to help. Bring sewing machine and your project. Drop-ins welcome.

Sit 'n' Knit

Tuesday 1:00 PM
Join in as we knit and visit! Share work in progress, tips and 'show and tell' finished projects. A relaxing visit with others who share your love of knitting or a little knitting help. All knitters welcome, beginners and experienced.

Star-Grabbers

Amateur Astronomy Group
2nd & 4th Wednesdays 10:00 AM
Bill hosts an amateur astronomy club. His enthusiasm for astronomy compels him to share this interesting hobby and instruct individuals on the use of telescopes. Donations are accepted, new members welcome.

Stipple Drawing

Fri 9:15 AM Oct 21 - Dec 16
Learn a drawing technique using only dots applied with a pen or brush. Mike Byrne will teach you how to stipple draw your favorite subject. Supply list given at registration. *No class Nov 25.* **\$48/7 weeks C1024F**

IPads - Laptops - Phones

So much fun & useful . . .

If you know how!

Ask the Computer Lady!

Tuesdays: dates thru December
9:15 - 9:45 AM C1097F
12:45 - 1:15 PM C1098F

Have your questions ready for Marta and be ready for an informative one-on-one session. Bring your laptop or Kindle, learn how to check your email, or make sure your security is up to date. Call ahead to register and pay: 248-246-3900. **\$20/30 minutes OR \$35/one hour**

Get Your "Gadget"

One-on-one class: three 45-min sessions Tues, 11:15AM - noon
Sept 27, Oct 4th & 11th
Or, Oct 18, 25th & Nov 1st

This three session one-on-one class will clear up the mysteries of your tablet, e-reader, cell phone, laptop or camera! Remember to bring all cables and power cords. **\$60/C1093F**

Laptop Computer Classes

Tues, 10:00 AM \$40/4 weeks
Oct 4 - 25 C1089F

Set up for beginners and advanced students. Bring your laptop to class and learn to safely use Windows. \$5 material fee due instructor at first class. Class max of 4. Pre-registration.

Financial Aide

Thurs, October 20th 10:00 AM
Hantz Financial will provide financial and tax advice and offer a complimentary review of your current investment portfolio. Call (248) 246-3900 to reserve your free 30 min appt

Foot Doctors 9 - 11 AM

Tuesday & Thursday, (this month only) October 11th & 13th

Drs. Adas and Wexler will see patients at the Center for your convenience with an office in Huntington Woods. Most services will be covered by insurance. Preregister.

Hearing Tests/Cleaning Hearing Aids

Tues, Nov 8 - by appt. (1 - 3 PM)
Zounds! will provide free Hearing Tests and Hearing Aid Cleanings the second Tuesday of every other month. 15 min appointments, call (248) 246-3900.

Manicures 2nd Tues. by Appt,
9:30 AM to 3:30 PM For only \$10, a licensed nail technician will polish, shape and hydrate your hands. Please pay Andrea directly by cash. Call to schedule an appointment.

Massage Therapy by Appt.
Thurs & Fri, Oct 20th & 21st and Tues, Oct 25th

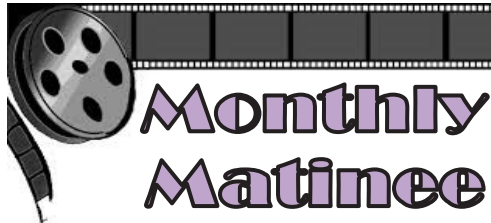
Licensed Massage Therapist **Heidi** provides therapeutic massage using the holistic approach. Massages help in reducing muscular and nerve pain and aids relaxation. She provides 35 minute massage session for \$30, or 75 -minute sessions for \$60.

S N A P

Supplemental Nutrition Asst. Program **Solutions to Hunger** presented by Lynn Davey, Benefits Coordinator. Available for assistance with online registration process of government food assistance program, SNAP or Bridge programs. Ages 50 years and over. Contact Carolyn Marsh at 248-246-3900 for an appointment to determine eligibility and assist with the application process. **Free Service.**

Kerry Price On Piano

Sorry, there will not be an October 2016 performance.



Friday, October 14th 12:30 PM

Get On Up

Chadwick Boseman, Nelsan Ellis
The life story of James Brown, the "Godfather of Soul". His turbulent childhood, rise to stardom, self-destructive life choices and subsequent turn-around are depicted in full scope and flavor. *Rated PG-13 for sexual content, drug use, some strong language, and violent situations.*

Friday, October 28 12:30 PM

In the Heart of the Sea

Chris Hemsworth, Cillian Murphy & Brendan Gleeson

The 1820 whaling ship Essex was the inspiration for Melville's Moby Dick. A stellar film by Ron Howard shows the encounter, the aftermath, the storms, starvation, panic & despair. *Rated PG 13 for intense action and peril, brief startling violence and thematic material.*

Suggestions for future viewings are happily accepted.

**Rejuvenate Your Retirement**

Thursday 9:30 AM

October 6 and 13 C1016

Tuesday 1:30 PM

October 11 and 18 C1015

Learn how to plan fun and fulfilling activities to stay mentally, physically and socially active; evaluate IRS required distributions, investment returns, plan for future financial and social events. **\$39/bring friend or spouse at no fee**

Computer Club

Wednesdays 12:30 PM

Calling all computer enthusiasts. All levels join our growing club for computer networking, and guest speakers discussing "cyber" topics.

Oct 5 Open

Oct 12 Larry Kulp

Oct 19 Rodger Gach Q & A

Oct 26 Jack Vanders

Lunch & Learn 11:30 AM

Preregistration Required

LUNCH IS PROVIDED FROM TIM'S KITCHEN FOR ALL WHO REGISTER BY THE DEADLINE. CALL (248) 246-3900 (*SPACE IS LIMITED, REGISTER EARLY*) REGISTERED PATRONS WHO ARE "NO SHOWS" FOR TWO "LUNCH & LEARNS" FOR WHICH REGISTERED **CANNOT** REGISTER FOR LUNCH & LEARNS FOR A YEAR.

Pain, Pain, Go Away

Thurs, November 10th

Presenter: HealthQuest

Learn effective strategies for pain relief: while taking back your life. HealthQuest Doctor will educate you on the latest technology used in Healing and Pain Relief. Registration deadline, November 4. **A1001**

**SEMINARS**

10:00 AM Tuesdays

Food Safety & Nutrition

Presentations by MSU Extension. Includes food demonstrations.

Nov 8 - Vegetarian Cooking

Dec 13 - Eating at the Holidays

No Fee/Preregister!

Aqua Zumba

Thurs, 8:30 AM
Nov 3 - Dec 29



Have fun exercising, dancing and getting fit. Zumba workout in the water! All levels welcome. Bring water shoes, suit & towel, and a lock: leave your valuables at home. Instructor **Cheryl Baugh**. Preregister: **\$36/8 weeks C1036F**

Chair Exercise with Cindy

Fri Oct 28 - Dec 9 10:30 AM

Appropriate for those who have joint limitations, as well as anyone who prefers a mostly-seated workout. Wear comfortable clothing and shoes, a water bottle and hand-held weights if you wish. **\$25/6 weeks C1031F**

Chair Yoga Exercises (DVD)

Mondays 10:30 AM

This session is of a "gentle" nature for those who are just starting on a fitness program, or those who must not do strenuous exercise. Drop-in, no fee.

Chair Yoga

Weds, 12:30 PM Nov 2 - Dec 7

\$25/6 weeks C1033F

Fri, 11:30 AM Oct 28 - Dec 9

\$25/6 weeks C1051F

This class consists of 3/15-min sections, first and last are done seated: the middle section is done standing using a chair for balance. Focus on breathing, relaxation, stretching for flexibility and balance practice which also increases muscular strength.

Drop-In Ballroom Dance Class

Mondays 1:00 PM

Join **Bill Scheff** Mondays to learn all the footwork involved in Ballroom dancing. No partner needed. Feel free to drop in and watch anytime. **\$5**

Gentle Yoga \$35/7 weeks

Yoga Creates many benefits in your overall health and wellness. Improve your strength, flexibility and sense of well-being with breath awareness and movement. Relax and rejuvenate to look and feel better. Mat and comfortable clothing recommended. *No Class Nov 24*

Monday, Nov 7 - Dec 19

9:15 AM C1006 F

1:00 PM C1007 F

Thursday, Nov 10 - Dec 22

1:00 PM C1009 F

Healthy Back Class

Wed Nov 2 - Dec 2 1:30 PM

This class is designed to strengthen and stretch back and core muscles to prevent back injuries that can often result from everyday activities. Bring mat, water and comfortable clothing/shoes. Instructor **Cindy Erlandson**. Pre-register. **\$25/6 weeks C1019F**

Intermediate Line Dancing

Fridays 1:00 PM

Line dancing is not only fun, but good exercise as well and you don't need a partner. Come and learn the hot country line dances. **\$2** payable at each lesson. *NO BOOTS!*

Kuratomi Stretching

Weds Nov 16 - Dec 21 10:30 AM

The Kuratomi Method is inspired by ancient Japanese forms and Jumeo to open the body, mind and spirit gently and naturally. **\$48/6 weeks C1011F**

Pilates/Core Body conditioning

Mon, Nov 7 - Jan 9 10:30 AM

A neuro-muscular resistance control method of exercise to develop strong, flexible muscles and better posture. Emphasis on gradual progression and strict body alignment and form. Wear loose comfortable clothes, bring a mat. Instructor Cheryl Baugh, ACSM. *No class Dec 26 or Jan 2.* **\$36/8 weeks - C1037F**

Silver Foxes

Mon-Tues-Wed-Fri 9:30 AM

Exercise along with the Richard Simmons Silver Foxes DVD. This features low-impact, aerobic workout for the intermediate exerciser. **No fee.**

SilverSneakers®**FLEX Program™****Challenge Your Core**

Thurs, 10:30 - 11:15 AM

Program started Sept 22nd. Instructor is Sharon Claye, a licensed FLEX instructor with over 13 years of experience. **FREE** to SilverSneaker members, \$4 drop in fee for non-members. You must be able to get up from floor. Bring a mat and water bottle.

To register. contact: Sharon Claye at (248)562-7111, or online at

Silersneakers.com/flex

Sit-Down and Tone-Up

Tuesday 10:30 AM

A chair workout to build strength, stimulate bone growth and improve posture and balance. Work lower body and abs by using your leg's own weight. Work upper body with 1-3 lb. weights. DVD, **No fee**

Tai Chi Basic & Chen Style

Thursdays 9:15 AM

Sept 15 - Dec 15

The movements are slow and fast, twining and twisting, connected with internal spiral energy. *No class Sept 22, Oct 20, and Nov 24.* **\$66/11 weeks C1003F**

**Water Aerobics**

Weds., 8:30 AM

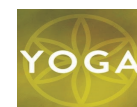
Nov 2 - Dec 21

Great workout with water exercises. Including cardiovascular, toning and stretching. Locker room available; bring your own lock, towel, and suit. Leave your valuables at home. Instructor **Cheryl Baugh**. Preregister, **\$36/8 weeks C1035F**

**Yoga Tues, 1:00 PM**

Nov 1 - Dec 27

Yoga helps deal with hypertension, back pain, headaches, stress, depression and even arteriosclerosis. The series of movements, postures and breathing techniques increases strength, flexibility, alignment and balance. *No Class Nov 8th.* **\$36/8 weeks C1034F**

**Zumba Gold Friday, 10:20 AM**

Nov 18 - Dec 16

Low impact aerobic workout, some chair work. Dress comfortably, wear dance sneakers or tennis shoes. Bring water. Pre-register Drop-ins \$8.00. *No class Nov 25th.* **\$20/4 weeks. C1014F**

SUPPORT GROUPS

Alzheimer's Support Group

Monday, October 10 & 24th 10:00 AM

You are not alone in trying to cope with a friend or family member afflicted by Alzheimer's Disease.

Aphasia Support Group

Thursdays 10:00 AM

A weekly support group meets at the Center for adults with communication disorders. Gain support from others on your road to recovery. Drop-in any Thursday.

Deaf Group

Wednesdays 9:00 AM

Our Center welcomes deaf adults for socialization each Wednesday.

Grief Support

Fridays, October 7th & 21st 10:30 AM

Legal Aid

3rd Thursday, October 20th 1:00 PM

Royal Oak Attorney **Kent Schultz** provides free 15-minute consultations to senior citizens. A fee will be charged for additional services. Can't make it in to the center? Call Mr. Schultz (248) 541-2567 to schedule a complimentary home visit. Call (248) 246-3900 for an appointment at the center.

P.A.L. (Positive Attitude Living)

Fridays 10:30 AM

PAL is a group of Seniors who meet for a casual discussion on various topics every Friday morning. All are welcome to join us every week or to drop in once in a while.

Royal Oak Seniors RESOURCE CENTER

Check out the resource center brochures from businesses with products and services for older adults. If you are a business owner and would like to display your brochures at the Resource Center, please call (248) 246-3900 for an application form. The fees to display brochures are \$10 monthly or \$100 yearly



SEEKING A FEW NEW IDEAS!!

The Senior Center is always looking to introduce new programs.

- Do you have a few hours of time to spare each month?
- Have you recently retired and would like to share your on-the-job experience to help others?
- Or, do you have a skill, a hobby or craft to share?

If so, please consider volunteering and enlightening others in our community. Sponsored by a grant from Beaumont Health, the A.G.E. program provides assistance to the frail elderly of Royal Oak, utilizing the talents of volunteers.

Transportation

Transportation is available for resident's age 60 or older, and adults who are permanently disabled. Door-to-door service is provided to those with mobility problems who need to be personally escorted to the buses. Handicap lifts are available. Drivers will assist with purchases. Call (248) 246-3914 between the hours of 9:30-12:30 to arrange your transportation needs. Call up to 2 weeks before your appointment, \$3 contribution for each one-way trip or \$4 round trip. Prepaid tickets are available: \$19/5 round-trip tickets. This service is funded and operated by the joint efforts of the City of Royal Oak, SMART Municipal and Community Credits funds and Beaumont Health.



Royal Oak Senior Essential Services (R.O.S.E.S.) provides supportive services to Royal Oak residents aged 62 and over. Clients pay directly to the contracted worker for services. A \$5 annual registration fee is required. Provisions can be made for persons unable to pay. Call (248) 246-3918 Monday-Friday.

- **Home Chore** - If you reside in Royal Oak, you are eligible to have Household tasks such as yard work and housework, laundry and gutters (first level only) cleaned for you. No windows, weeding or wall washing.
- **Home Repair** - Home repairs that do not require a licensed contractor are available to homeowners. Repairs including minor plumbing, carpentry and minor electrical. No roofing.
- **Personal Home Care** - Includes assistance with activities of daily living, bathing, feeding, dressing and help with ambulation.

OUTREACH

Our Outreach Administrator helps residents aged 62 and over obtain needed services. Please call (248) 246-3917 with your concerns about personal care, prescription assistance, housing or any other independent living needs. An in-home visit to assess needs is available through this service at no cost.

ADJACENT GENERATIONAL EXCHANGE (A.G.E.)

Sponsored by a grant from Beaumont Health, the A.G.E. program provides assistance to the frail elderly of Royal Oak, utilizing the talents of volunteers.

Medical Equipment Loan Closet

(248) 246-3900

The Senior Center has walkers, wheelchairs, bath stools, canes and such available for loan. There is no charge to borrow an item, keep it as long as necessary, and return it to the center in a cleaned state ready to be loaned to the next person in need.

To Borrow an item,

Please call so that we can verify that the needed equipment is available.

To Donate,

The center accepts shower chairs & benches, toilet risers & commodes, walkers, canes and wheelchairs.

Royal Oak Nature Society

Speakers present at 7:30 pm at the Royal Oak Middle School.

Oct 7 "A Naturalist's Look at the Great Texas Coastal Birding Trail" with Faye Stoner of the Washtenaw County Parks, and Ron Gamble of the Huron Clinton Metro Parks.

Nov 9 "The Migratory Bird Treaty Act Centennial" with Holly Vaughn from the Michigan DNR



• 316 East 11 Mile Road
• 2 blocks east of Main St
• 248-246-3276



October 8th - ROFM Ciderfest (7pm-11pm)

October 10th - Senior Salute (10am-3pm)

October 12th - Food Truck Rally (5pm-9pm)

November 2nd - Shwarmafest (5pm-9pm)

November 5th - Whiskey Buisness (7pm-11pm)

November 9th - Food Truck Rally (5pm-9pm)

November 10th - Challah Bread Blessing (6pm-9pm)

November 12th - Sip Savor Stomp (7pm-11pm)

November 22nd - Special Holiday Market (7am - 1pm)

**October 2016 Activities**

Board of Education Meeting **800 DeVillen**
7:00 PM Thursday, October 13th

Varsity Sport Events:**Boys Soccer**

Wednesday, October 5, 7:00 PM vs. North Farmington H.S.

Girls Volleyball

Tuesday, October 11, 11:00 PM vs. Lamphere H.S.

Boys Football

Friday, October 14, 7:00 PM vs. Ferndale H.S.

Friday, October 21, 7:00 PM vs. Berkley H.S.

Performing Arts Events:**Band Concert**

Wednesday, October 5, 7:00 pm Fall Band Concert
Kimball Auditorium, Royal Oak H.S.

Orchestra Concert

Monday, October 10, 7:00 PM Fall Orchestra Concert
Kimball Auditorium, Royal Oak H.S.

Spectrum Concert

Thurs, Oct 20, 7:00 PM Choirs, Soloists & Small Groups
Kimball Auditorium, Royal Oak H.S.

Evening Recreational Swim Program

September 8, 2016 - March 9, 2017

Royal Oak Middle School 709 N Washington Ave.,

Family Open Swim:

Monday evenings 7:30 to 8:30 PM

Adult Open Swim: (Lap Lane)

Monday evenings 8:30 - 9:45 PM

Thursday evenings 8:45 - 10:00 PM

Seniors Free with Gold Card, Adults & Children \$5,
5 and under free

Senior Gold Card

The Senior Gold Card, a complimentary activity pass from the Royal Oak School District for Royal Oak Senior Citizens age 60 and over, includes free admission to:

- All athletic events. (*Exc. State sponsored tournaments*)
- All school drama programs & dance shows
- All vocal & instrumental music concerts
- Evening recreational swim at RO Middle School

Applications are available at the:

Churchill Community Education Center
707 Girard, Royal Oak

Please call (248) 588-5050 for more information.

HOT MEALS SERVED BY TIM'S KITCHEN
ALL MEALS \$3.00 *Carry Outs \$3.50*
AVAILABLE TO ALL - NO AGE RESTRICTIONS!

Monday	October	3	Stuffed Peppers	
Tuesday	October	4	Chicken Chow Mein	
Wednesday	October	5	Tuna Noodle Bake	
Thursday	October	6	Chicken Parmesan	
Friday	October	7	Pork Chop	
Monday	October	10	Teriyaki Chicken Drumbsticks	
Tuesday	October	11	Meatball with Honey Mustard	
Wednesday	October	12	Sliced Ham	
Thursday	October	13	Beef Goulash	
Friday	October	14	Cranberry Chicken	HEART SMART 
Monday	October	17	Chicken Salad on a Bun	
Tuesday	October	18	Vegetable Lasagna	
Wednesday	October	19	Turkey Meatball	HEART SMART 
Thursday	October	20	Chicken Lasagna	
Friday	October	21	Pepper Beef	
Monday	October	24	Meatloaf with Gravy	
Tuesday	October	25	Pork Chop	
Wednesday	October	26	Chicken A La King on Biscuit	
Thursday	October	27	Unstuffed Cabbage with Beef	
Friday	October	28	Chicken Patty with Gravy	
Monday	October	31	Chicken Stew	

**Call (248) 246-3900, at least one day in advance to reserve a meal
 (call before 1 pm).
 Lunch is served at 11:45 a.m.**

Alzheimer Support2nd & 4th Monday, 10 AM
Support for families and friends.

Aphasia Support Group Thursdays, 10 AM
Support for adults with communication disorders.

Billiards, Drop-In Monday-Friday, 9 AM-4:30 PM
Pool tables - 50¢ daily use or \$3.00 monthly.

Billiards, Pool Tournament2nd Thursday, 9:00 AM
Singles tournament for those who drop in, \$3.

Bridge, Drop-In Drop in with partner to play bridge.
.....**Rubber** \$1 - Mondays, 12:15 PM
..... **Duplicate** \$2 - Wednesdays, 12:30 PM

Computer Club Wednesdays, 12:30 PM
For computer enthusiasts with some experience.

Crochet Creations Thursdays, 12:15 PM
Join anytime to learn or refresh your skills, no fee.

Dance - Ballroom Mondays, 1 PM
Lessons provided by instructor Bill Scheff, \$5.

Dance – Intermediate Line Fridays, 1 PM
Drop-in, \$2.

Deaf Group Wednesdays, 9 AM
Join for socialization.

Euchre, Drop-In Thursdays, 12:30 PM
Drop-in for an afternoon of Euchre, \$1.

Exercise – Aqua Zumba Thurs, 8:30 AM
Zumba workout in ROMS pool, pre-register/fee.

Exercise - Chair Yoga (DVD) Mondays, 10:30 AM
Drop-in for "gentle," less strenuous exercise, no fee.

Exercise—Chair YogaWed, 12:30 pm; Friday, 11:30 AM
Pre-register, fee.

Exercise – Chair w/Cindy Friday, 10:30 AM
Gentle but effective exercise. Pre-register/fee.

Exercise – Gentle Yoga Monday 9:15 AM and 1:00 PM,
Thursdays at 1:00 PM. Slow flow class to strengthen bodies
and calm minds. Pre-register/fee.

Exercise - Healthy Back Wednesdays, 1:30 PM
Strengthen & stretch back & core. Pre-register/fee.

Exercise – Senior Pilates Monday, 10:30 AM
Body conditioning exercise. Pre-register, fee.

Exercise - Silver Foxes Mon-Tues-Wed- Fri, 9:30 AM
Low-impact aerobics to Richard Simmons video, no fee.

Exercise - SilverSneakers Thursday, 10:30 AM
Challenge Your Core. \$4/ free for SilverSneakers members.

Exercise – Sit Down & Tone-Up Tuesdays, 10:30 AM
Work out along with DVD. No fee.

Exercise - Tai Chi Thursday, 9:15 AM
Chinese exercise of moving meditation, pre-register/fee.

Exercise—Water Aerobics Wed, 8:30 AM
Water exercises at RO Middle School, pre-register/fee.

Exercise - Yoga Tuesday, 1:00 PM
Increase flexibility & strength with series of movements,
postures and breathing techniques. Pre-register/fee.

Exercise – Zumba Gold Fridays, 10:20 AM
"Dance with the Stars", pre-register/fee.

Exercise - Chair Yoga (DVD) Mondays, 10 AM

Financial/Investment Aide 3rd Thursday, 10 AM
Hantz Financial provides financial, tax advice, and
investment portfolio review. Free 30 min appts/pre-register

Focus On the News 1st & 3rd Tuesday, 10:30 AM
Fun & lively discussion of current news happenings, free.

Foot Doctor *2nd Tuesday & Thursday in October!*, 9 AM
Normally the 2nd Wednesday. Dr. Adas and Dr. Wexler will
visit once a month. Pre-Register

Grief Support 1st & 3rd Friday, 10:30 AM
Discuss, explore and relieve some of the stresses of grief.
No fee.

Handbells Level II, Friday, 12:45 PM
Pre-register/fee.

Helping Hands Tuesday & Thursday, 9:30 AM
Knit, crochet, chat - join in making blankets for charity.

Kerry Price 3rd Friday of the month, 12:30 PM
Different sing-along piano programs each month, \$2.

Kuratomi Stretching Wednesday, 10:30 AM
To open the body, mind & spirit . Pre-register/fee.

Legal Aid 3rd Thursday, by appt
Atty. Kent Schultz provides free 15 minute consultations.

Mahjongg, Drop-In Wednesdays, 9:30 AM; Fridays 1 PM
Experienced players may drop in and play.

Manicures 2nd Tuesday, by appt
Andrea Weiss, Licensed Nail Technician \$10 fee.

Massage Therapy 3rd Thursday & Friday, by appt.
4th Tuesday, 35 min/\$30 & 75 min/\$60 massage sessions.

Monthly Matinee 2nd and 4th Friday, 12:30 PM

Music Keyboard Class Wednesdays, 10:30 AM
10 weeks to learn your favorites! Preregister/fee.

Painting Classes Thursday, 9:15 AM
All media and all stages of development. Pre-register/fee.

PAL (Positive Attitude Living) Fridays, 10:30 AM
Meet new friends, enrich your life. Drop-in, no charge.

Pinochle, Drop-In Tuesdays, 12:30 PM
Drop-in for pinochle, meet new friends, \$1.


Senior Sew Tuesdays, 10 AM
Join us for a day of piecing quilt tops. No fee.

Sit 'n' Knit Tuesdays, 1 PM
Join us for a day of knitting. No fee.

Star Grabbers 2nd & 4th Wednesday, 10 AM
Amateur Astronomy Group. No fee.

Welcome Newcomers! 1st Monday, 10:30 AM

October 2016

Monday		Tuesday		Wednesday		Thursday		Friday	
<div>3</div> <div>9:15 AM Gentle Yoga 9:30 AM Silver Foxes 10:30 AM Welcome Newcomers 10:30 AM Creative Coloring 10:30 AM Chair Yoga - DVD 10:30 AM Senior Pilates 12:15 PM Drop-In Bridge, Rubber 1:00 PM Ballroom Dance 1:00 PM Gentle Yoga</div> <div>Drop-In Billiards</div>		<div>4</div> <div>9:15 AM Ask the Computer Lady 9:30 AM Helping Hands 9:30 AM Silver Foxes 10:00 AM Senior Sew 10:00 AM Laptop Class 10:30 AM Focus on the News 10:30 AM Sit Down & Tone Up 11:15 AM Get Your Gadget 11:30 AM Lunch & Learn 12:30 PM Pinochle (Drop-In) 12:45 PM Ask the Computer Lady 1:00PM Yoga 1:00 PM Sit & Knit</div> <div>Drop-In Billiards</div>		<div>5</div> <div>8:30 AM Water Aerobics 9:00 AM Deaf Group 9:30 AM Mah Jongg 9:30 AM Silver Foxes 9:30 AM Keyboarding Class 10:30 AM Kuratomi Stretching 12:30 PM Drop-In Bridge, Duplicate 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 PM Healthy Back Class 2:00 PM Find Your Writing</div> <div>Drop-In Billiards</div>		<div>6</div> <div>8:30 AM Aqua Zumba 9:15 AM Tai Chi 9:15 AM Painting - All Media 9:30 AM Helping Hands 9:30 AM Rejuvenate Retirement 10:00 AM Aphasia Support 10:30 AM Silver Sneakers - FLEX 12:15 PM Crochet Creations 12:30 PM Drop-In Euchre 1:00 PM Gentle Yoga 1:00 PM Genealogy 101</div> <div>Drop-In Billiards</div>		<div>7</div> <div>9:15 AM Water Color Painting 9:30 AM Art of Basket Making 9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM Chair Exercise/Cindy 10:30 AM Grief Support 10:30 AM P.A.L. 11:00 AM Basket Making Class 11:30 AM Chair Yoga 12:30 PM BINGO 12:45 PM Handbells 1:00 PM Mah Jongg 1:00 PM Line Dance-Intermed.</div> <div>Drop-In Billiards</div>	
<div>10</div> <div>9:15 AM Gentle Yoga 9:30 AM Silver Foxes 10:00 AM Alzheimer Support 10:30 AM Chair Yoga - DVD 10:30 AM Senior Pilates 12:15 PM Drop-In Bridge, Rubber 1:00 PM Ballroom Dance 1:00 PM Gentle Yoga</div> <div>Drop-In Billiards</div>		<div>11</div> <div>9:00 AM Foot Doctor 9:15 AM Ask the Computer Lady 9:30 AM Helping Hands 9:30 AM Silver Foxes 10:00 AM Senior Sew 10:00 AM Laptop Class 10:30 AM Sit Down & Tone Up 11:15 AM Get Your Gadget 12:30 PM Pinochle (Drop-In) 12:45 PM Ask the Computer Lady 1:00PM Yoga 1:00 PM Sit & Knit 1:30 PM Rejuvenate Retirement APPT Manicures</div> <div>Drop-In Billiards</div>		<div>12</div> <div>8:30 AM Water Aerobics 9:00 AM Deaf Group 9:30 AM Mah Jongg 9:30 AM Silver Foxes 9:30 AM Keyboarding Class 10:00 AM Star Grabbers 10:30 AM Kuratomi Stretching 12:30 PM Drop-In Bridge, Duplicate 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 PM Healthy Back Class 2:00 PM Find Your Writing</div> <div>Drop-In Billiards</div>		<div>13</div> <div>8:30 AM Aqua Zumba 9:00 AM Pool Tournament 9:00 AM Foot Doctor 9:15 AM Painting - All Media 9:15 AM Tai Chi 9:30 AM Helping Hands 9:30 AM Rejuvenate Retirement 10:00 AM Silver Sneakers - FLEX 10:00AM Aphasia Support 12:15 PM Crochet Creations 12:30 PM Drop-In Euchre 1:00 PM Gentle Yoga 1:00 PM Genealogy 101</div> <div>Drop-In Billiards</div>		<div>14</div> <div>9:15 AM Water Color Painting 9:30 AM Art of Basket Making 9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM Chair Exercise/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga 12:30PM Movie Matinee 12:45 PM Handbells 1:00 PM Mah Jongg 1:00 PM Line Dance-Intermed.</div> <div>Drop-In Billiards</div>	
17		18		19		20		21	
Classes/Activities normally held in Rooms 4 & 5 and adjoining room 6 are cancelled this week. Lunches will be served in Room 3. <i>Sorry for any inconvenience</i>									
<div>9:15 AM Gentle Yoga 10:30 AM Senior Pilates 10:30 AM Creative Coloring 1:00 PM Gentle Yoga</div> <div>Drop-In Billiards</div>		<div>9:15 AM Ask the Computer Lady 9:30 AM Helping Hands 10:00 AM Senior Sew 10:00 AM Laptop Class 10:30 AM Focus on the News 11:15 AM Get Your Gadget 12:45 PM Ask the Computer Lady 1:00 PM Sit & Knit 1:30 PM Rejuvenate Retirement</div> <div>Drop-In Billiards</div>		<div>8:30 AM Water Aerobics 9:00 AM Deaf Group 9:30 AM Music Keyboarding 9:30 AM Mah Jongg 12:30 PM Computer Club 2:00 PM Find Writing</div> <div>Drop-In Billiards</div>		<div>8:30 AM Aqua Zumba 9:15 AM Painting - All Media 9:30 AM Helping Hands 10:00 AM Financial Aid (Appt) 12:15 PM Crochet Creations 1:00 PM Genealogy 101 1:00 PM Legal Aid - By Appt</div> <div>By Appt Massage Therapy Drop-In Billiards</div>		<div>9:15 AM Stipple Drawing 9:30 AM Art of Basket Making 10:30 AM P.A.L. 10:30 AM Chair Exercise/Cindy 11:30 PM Chair Yoga 12:45 PM Handbells 1:00 PM Mah Jongg</div> <div>By Appt Massage Therapy Drop-In Billiards</div>	
<div>24</div> <div>9:15 AM Gentle Yoga 9:30 AM Silver Foxes 10:00 AM Alzheimer's Support 10:30 AM Chair Yoga - DVD 10:30 AM Senior Pilates 12:15 PM Drop-In Bridge, Rubber 1:00 PM Ballroom Dance 1:00 PM Gentle Yoga</div> <div>Drop-In Billiards</div>		<div>25</div> <div>9:15 AM Ask the Computer Lady 9:30 AM Helping Hands 9:30 AM Silver Foxes 10:00 AM Senior Sew 10:00 AM Laptop Class 10:30 AM Sit Down & Tone Up 11:15 AM Get Your Gadget 12:30 PM Pinochle (Drop-In) 12:45 PM Ask the Computer Lady 1:00 PM Yoga 1:00 PM Sit & Knit By Appt Massage Therapy</div> <div>Drop-In Billiards</div>		<div>26</div> <div>8:30 AM Water Aerobics 9:00 AM DeafGroup 9:30 AM Mah Jongg 9:30 AM Music Keyboarding 9:30 AM Silver Foxes 10:00 AM Star Grabbers 10:30 AM Kuratomi Stretching 12:30 PM Drop-In Bridge, Duplicate 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 PM Healthy Back Class 2:00 PM Find Writing</div> <div>Drop-In Billiards</div>		<div>27</div> <div>8:30 AM Aqua Zumba 9:15 AM Painting - All Media 9:15 AM Tai Chi 9:30 AM Helping Hands 10:00 AM Aphasia Support 10:30 AM Silver Sneakers - FLEX 12:15 PM Crochet Creations 12:30 PM Drop-In Euchre 1:00 PM Gentle Yoga</div> <div>Drop-In Billiards</div>		<div>28</div> <div>9:15 AM Stipple Drawing 9:30 AM Art of Basket Making 9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM Chair Exercixe/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga 12:30 PM Movie Matinee 12:45 PM Handbells 1:00 PM Mah Jongg 1:00 PM Line Dance-Intermed.</div> <div>Drop-In Billiards 6:00 PM Dinner Dance</div>	
<div>31</div> <div>9:15 AM Gentle Yoga 9:30 AM Silver Foxes 10:30 AM Chair Yoga - DVD 10:30 AM Senior Pilates 12:15 PM Drop-In Bridge, Rubber 1:00 PM Ballroom Dance 1:00 PM Gentle Yoga</div> <div>Drop-In Billiards</div>		<div><div></div><div>October's the month when the smallest breeze Gives us a shower of autumn leaves. Bonfires and pumpkins, leaves sailing down October is red, and golden and brown. <i>Author unknown</i></div><div></div></div>							
Mahany/Meininger Senior Community Center									

Drop-In Pinochle

Weds & Fridays 12:30 PM

Drop in for an enjoyable game of pinochle, meet new friends. **\$1.**

Helping Hands

Fridays 9:30 AM

Looking for "Helping Hands" interested in knitting, crocheting or sewing blankets for chemotherapy patients. The Rose Cancer Center at Beaumont has kits available, or you can use your own materials to create squares which can then be assembled into blankets. Call (248) 246-3180 for more information. **Donations of 4ply yarn gratefully accepted.**

Salter Center Book Club

Monday, Oct 17 10-11:30 AM

Are you an avid reader? Would you like to meet with people who share your passion for the written word? In cooperation with the Royal Oak Library, the group will meet on the third Monday to discuss a specific book. Coffee and light refreshments served. October's book is *Murder on the Orient Express*, by Agatha Christie.

Balance Training (50+)

Fridays 12:30 PM \$25/6 wks
October 28 - December 16 SA2007

30-minute workout is designed to build bone, strengthen core, pelvic and leg muscles while improving posture and balance. Fun, innovative exercises keep you smiling and moving! **Jo Schirtzinger**, fitness instructor.

Let's Walk!

Monday-Friday 8:30 - 11:00 AM

Strengthen your heart, lungs and vascular system! Improve your circulation! Relieve tension and modify the aging process! Join and enjoy the four seasons briskly walking, at your own pace. Meet at the Salter Center for walking gymnasium laps or outdoors. Track your progress on a mileage log sheet at the center.



DROP-IN-SPORTS At the Salter Center

Bounce Volleyball

Tues/Thurs 11:00 AM-1:00 PM

A slightly slower paced game than power volleyball. This game allows a wider range of skill levels to participate. **\$1 per session.**

Pickleball

- **\$2 per session.** Any individual caught not paying will be asked to leave the gym immediately.
- Sign-in sheets will be made available 30 minutes before scheduled start time.
- The schedule below begins Tuesday, September 6.

Mondays 11:00 AM-1:00 PM or 1:00-3:00 PM All levels, East Gym

Tuesdays 1:00 - 3:00 PM All levels, East Gym
12:30 - 2:15 4.0 & higher, West Gym

Wednesdays 11:00 AM-1:00 PM or 1:00-3:00 PM All levels, East Gym
11:00 AM-2:00 PM 3.5 & Higher (West Gym) **\$3**

Fridays 11:00 AM-1:00 PM or 1:00-3:00 PM All levels, East Gym
12:30-2:00 PM 3.5 & Higher mixer, West Gym
5:00-7:15 PM Ages 19 & Up, East Gym

Sit Down and Tone Up

Mon - Wed - Fri 9:30 AM

A lively workout without leaving your chair. Build strength, stimulate bone growth and improve balance. Lower body and abs workout by using your legs own weight (or bring ankle weights). You will work upper body with 1-3lb dumbbells (or a couple of soup cans). **Drop in, no fee.**

Stretch & Strength Training

(40+ cardio weights & strengthening)
11 AM - Noon

Mon, Oct 24 - Nov 28

Weds, Oct 26 - Nov 30

Fri, Oct 28 - Dec 16

Improve your strength, stamina and flexibility: adaptable to your own pace and fitness level. Class includes low-impact aerobics, strength training and stretching. Bring hand-held weights and a water bottle, wear tennis shoes and loose, comfortable clothing. Classes run continuously except holidays and scheduled instructor vacation. *No class Nov 11th or 25th* Instructor, **Jo Schirtzinger.**

\$26/6 wks for 1 day; **SA2016F**

\$46/6 wks for 2 day; **SA2017F**

\$64/6 wks for 3 day; **SA2018F**

\$5 drop-in fee

Tai Chi Chuan

Standing/Chen Style

Laojia Yuile

Tues, 10:00 AM Sept 13 - Nov 22

Instructor Han Hoong Wang provides this class for continuing students. Chen Style is the oldest form of Tai Chi Chuan from which all styles originated. The movements are slow and fast, twining and twisting, connected with internal spiral energy. **SA2013**

No Class Nov 8th **\$60/10 wks**

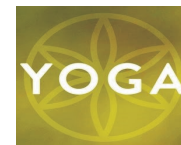


Yoga

Thurs. 10:15 AM

October 20 - December 15

Yoga is a great way to deal with hypertension, back pain, headaches, stress, depression and even arteriosclerosis. Through a series of movements, postures and breathing techniques, one will increase strength, flexibility, alignments and balance. Instructor Cheryl Baugh. **\$36/8 weeks SA2014. No class Nov 24th.**



October 2016

Monday	Tuesday	Wednesday	Thursday	Friday
3 8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength <u>Drop-In Pickleball</u> 11:00 AM All levels (E.Gym) 1:00 PM All levels (E.Gym)	4 8:30 AM Let's Walk 11:00 AM Bounce Volleyball <u>Drop-In Pickleball</u> 12:30 PM 4.0 + higher W.gym 1:00 PM All levels (E.gym)	5 8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength 12:30PM Pinochle, Drop-In <u>Drop-In Pickleball</u> 11:00 AM 3.5 + higher W.gym 11:00 AM All levels (E.gym) 1:00 PM All levels (E.gym)	6 8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball	7 8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength 12:30 PM Pinochle, Drop-In <u>Drop-In Pickleball</u> 11:00 AM All levels (E.gym) 12:30 PM 3.5 + higher W.gym 1:00 PM All levels (E.gym) 5:00 PM Ages 19+ (E.gym)
10 8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 10:00 AM Book Club 11:00 AM Stretch & Strength <u>Drop-In Pickleball</u> 11:00 AM All levels (E.Gym) 1:00 PM All levels (E.Gym)	11 8:30 AM Let's Walk 11:00 AM Bounce Volleyball <u>Drop-In Pickleball</u> 12:30 PM 4.0 + higher W.gym 1:00 PM All levels (E.gym)	12 8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength 12:30PM Pinochle, Drop-In <u>Drop-In Pickleball</u> 11:00 AM 3.5 + higher W.gym 11:00 AM All levels (E.gym) 1:00 PM All levels (E.gym)	13 8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball	14 8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength 12:30 PM Pinochle, Drop-In <u>Drop-In Pickleball</u> 11:00 AM All levels (E.gym) 12:30 PM 3.5 + higher W.gym 1:00 PM All levels (E.gym) 5:00 PM Ages 19+ (E.gym)
17 8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength <u>Drop-In Pickleball</u> 11:00 AM All levels (E.Gym) 1:00 PM All levels (E.Gym)	18 8:30 AM Let's Walk 10:00 AM Tai Chi Chuan 11:00 AM Bounce Volleyball <u>Drop-In Pickleball</u> 12:30 PM 4.0 + higher W.gym 1:00 PM All levels (E.gym)	19 8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 12:30 PM Pinochle, Drop-In <u>Drop-In Pickleball</u> 11:00 AM 3.5 + higher W.gym 11:00 AM All levels (E.gym) 1:00 PM All levels (E.gym)	20 8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball	21 8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down/Tone Up 12:30 PM Pinochle, Drop-In <u>Drop-In Pickleball</u> 11:00 AM All levels (E.gym) 12:30 PM 3.5 + higher W.gym 1:00 PM All levels (E.gym) 5:00 PM Ages 19+ (E.gym)
24 8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength <u>Drop-In Pickleball</u> 11:00 AM All levels (E.Gym) 1:00 PM All levels (E.Gym)	25 8:30 AM Let's Walk 10:00 AM Tai Chi Chuan 11:00 AM Bounce Volleyball <u>Drop-In Pickleball</u> 12:30 PM 4.0 + higher W.gym 1:00 PM All levels (E.gym)	26 8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength 12:30 PM Pinochle, Drop-In <u>Drop-In Pickleball</u> 11:00 AM 3.5 + higher W.gym 11:00 AM All levels (E.gym) 1:00 PM All levels (E.gym)	27 8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball	28 8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength 12:30 PM Pinochle, Drop-In <u>Drop-In Pickleball</u> 11:00 AM All levels (E.gym) 12:30 PM 3.5 + higher W.gym 1:00 PM All levels (E.gym) 5:00 PM Ages 19+ (E.gym)
31 8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength <u>Drop-In Pickleball</u> 11:00 AM All levels (E.Gym) 1:00 PM All levels (E.Gym)	<div> <div> <p>OCTOBER BIRTHSTONES</p> <p>Tourmaline Opal</p> </div> <div> <p>October Zodiac Signs</p> <div> <p>Libra September 23 - October 22</p> </div> <div> <p>Scorpio October 23 - November 21</p> </div> </div> <div> <p>October</p> <p>MARIGOLD</p> <p>With a bright orange hue and spicy scent that suggests the change of the seasons, marigolds bring a soulful quality to fall bouquets. Twist October birthdays with the marigold's mellow beauty.</p> </div> </div>			